

FLETC GALLEY

LOW COUNTRY KITCHEN 2.11.2022--2.18.2022

BREAKFAST

- DAILY SELECTION-FARM FRESH EGGS
SAUSAGE PATTIES, SAUSAGE LINKS, CORNED
BEEF HASH, COUNTRY HAM, SPICY CHICKEN,
BACON, FRIED POTATOES, GRITS, OATMEAL,
FRESH FRUIT •
MONDAY- BLUEBERRY PANCAKES TUESDAY-FRENCH TOAST
WEDNESDAY- ASSORTED DANISH THURSDAY- FRESH
DOUGHNUTS FRIDAY-WAFFLES SATURDAY- PANCAKES SUNDAY-
WAFFLES

LUNCH SELECTION

MEMPHIS STYLE CHICKEN, *SATURDAY*
GRILLED SHRIMP PO BOYS W/ PINEAPPLE
SLAW

- A TRIP TO MEMPHIS
THREE CHEESE CAVATAPPI, LOADED POTATO SKINS,
FRIED GREEN TOMATOES, COWBOY CAVIAR

BAKED LEMON & GARLIC *SUNDAY*
CRUSTED FLOUNDER, BAKED SPAGHETTI
CRISPY POTATO WEDGES, SEASONED RICE,
STEAMED BROCCOLI, ROASTED SQUASH

JAMAICAN BROWN BEEF STEW, *MONDAY*
GRILLED CARIBBEAN JERK CHICKEN
• A TASTE OF THE ISLANDS
JAMAICAN RICE & PEAS, MACARONI PIE, BAKED
PLANTAINS, SAUTÉED GARLIC GREEN BEANS , JERK
GRILLED VEGETABLES

MEXICAN GROUND BEEF, BAJA *TUESDAY*
CHICKEN, PORK AL PASTOR
• TACO TUESDAY
FRIED NACHO CHIPS, NACHO CHEESE, FLOUR
TORTILLAS, CILANTRO LIME RICE, BORRACHO
BEANS, MEXICAN VEGETABLES

FRIED CHICKEN, *WEDNESDAY*
ROTISSERIE CHICKEN, BBQ RIBS
MASHED POTATOES, BROWN GRAVY, DIRTY RICE,
SOUTHERN-STYLE GREEN BEANS, STEAMED
CARROTS

BLACKENED SALMON, *THURSDAY*
SEAFOOD PENNE ALLA VODKA, GRILLED
BOURBON CHICKEN
• SEAFOOD THURSDAY W/ A TWIST
ANGEL HAIR PASTA, CREAMY ALFREDO SAUCE,
MARINARA SAUCE W/ FRESH TOMATOES, RICE
PILAF, GRILLED ASPARAGUS, CARROTS W/
BROWNED BUTTER & FENNEL

BBQ PULLED PORK, BBQ BRISKET *FRIDAY*
RED RICE W/ PORK SAUSAGE, MAC & CHEESE, BBQ
BAKED BEANS, SOUTHERN COLLARDS W/ SMOKED
TURKEY, COLE SLAW , FRIED HUSH PUPPIES

- CHECK OUT CHEF DEBBIES WEEKLY
DESSERT SELECTION'S •

BANANA PUDDING, YELLOW CAKE W/ CREAM CHEESE ICING,
APPLE PIE, KEY LIME PIE

DINNER

SEARED MOJO PORK CHOPS, *SATURDAY*
SPANISH ROASTED CHICKEN

- SPANISH NIGHT
DICED POTATOES W/ ONIONS & PEPPERS, CUBAN
STYLE YELLOW RICE, BLACK BEANS, GRILLED
ZUCCHINI

POT ROAST W/ MUSHROOMS, *SUNDAY*
BAKED TURKEY WINGS
• SOUL FOOD SUNDAY
GARLIC MASHED POTATOES, TURKEY GRAVY, WHITE
RICE, GREEN LIMA BEANS, BUTTERED CORN

SEAFOOD ÉTOUFFÉE, CAJUN *MONDAY*
GRILLED PORK TENDERLOIN
• LOUISIANA CAJUN CUISINE
WHITE RICE, OVEN ROASTED POTATO MEDLEY,
FRIED OKRA, CAJUN CORN MAQUE CHOUX

MARINATED STEAK TIPS, *TUESDAY*
GARLIC BUTTER GRILLED CHICKEN
• TUSCAN NIGHT
WILD RICE PILAF, GARLIC ROASTED POTATOES,
BROCCOLI, BALSAMIC ROASTED BABY CARROTS

MEATBALLS & MARINARA, *WEDNESDAY*
BAKED LEMON GARLIC SHRIMP
• ITALIAN CUISINE
CHEESE STUFFED PASTA, SPAGHETTI PASTA,
ALFREDO SAUCE, MARINARA SAUCE, BREAD
STICKS, ITALIAN ROASTED VEGETABLES, PARMESAN
ROASTED TOMATOES

GRILLED RIBEYE, PANKO *THURSDAY*
BREADED CALAMARI
• SURF AND TURF
BAKED POTATO, SWEET POTATO, HERBED BASMATI
RICE, SAUTÉED MUSHROOMS, STEAMED BROCCOLI

FLATBREAD PIZZA, BAKED *FRIDAY*
CHICKEN WINGS
• PIZZA NIGHT
SPAGHETTI PASTA, ALFREDO SAUCE, MARINARA
SAUCE, BAKED RANCH POTATOES, FRESH VEG.
BLEND , GRILLED CORN ON THE COB

SOUP

- MONDAY~CHICKEN & RICE SOUP
~CHIPOTLE CHICKEN SOUP
WEDNESDAY~HOMESTYLE CHILI
THURSDAY~BOSTON CLAM CHOWDER
FRIDAY~LOADED POTATO SOUP •